

## Protecting Workers from Exposure to Extreme Heat

As the weather turns warmer across the country, NDA is providing members with resources from the Occupational Safety and Health Administration (OSHA) to help keep their workers safe during the summer months. Under OSHA law, employers are responsible for providing workplaces free of known safety hazards which includes protecting workers from extreme heat.

OSHA recommends that employers establish a heat illness prevention program and take the following steps to protect workers who are exposed to high temperatures:

1. Provide workers with water, rest and shade.
2. Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize, or build a tolerance for working in the heat.
3. Plan for emergencies and train workers on prevention.
4. Monitor workers for signs of illness.

[OSHA's Occupational Exposure to Heat](#) page explains what employers can do to keep workers safe and what workers need to know - including factors for heat illness, adapting to working in indoor and outdoor heat, protecting workers, recognizing symptoms, and first aid training. The page also provides resources for specific industries and details OSHA workplace standards. Below you will find a complete list of OSHA's heat illness prevention resources.

### OSHA Heat Illness Prevention Resources:

- [Planning and Supervision](#)
- [Heat-Related Illness and First Aid](#)
- [Prevention](#)
- [Personal Risk Factors](#)
- [OSHA Standards and Employer Responsibilities](#)
- [Workplace Pamphlets and Posters](#)
- [Additional Resources](#)